

# General Emergency Protocol

*asthma*

## ACTION PLAN

**Green  
Zone:  
Routine  
Therapy**

### If someone with asthma is:

- breathing easily
- not coughing or wheezing
- not short of breath
- able to work and play easily

### Avoid these possible asthma triggers

- Dust mites, mold, chemicals, changes in stress, temperature, tobacco smoke, cockroaches, and pets.

### QUICK RELIEF Medicines:

- Take 5 minutes prior to exercise or unavoidable trigger exposure.

**Yellow  
Zone:  
Step Up  
Therapy**

### If someone with asthma is:

- coughing
- wheezing
- short of breath
- having difficulty breathing during activity
- feeling chest tightness

### Take QUICK RELIEF Medicines

*Encourage the person to:*

- rest in a comfortable position, but not lying down
- relax and take slow deep breaths.

### Monitor Symptoms:

- If symptoms RESOLVE within 15 minutes, the person with asthma may return to normal duties.
- If symptoms PERSIST or return within a few hours, follow red zone directions.

**Red Zone:  
Get Help  
NOW!**

### If:

- medicine is not helping
- breathing is very difficult
- breathing difficulty limits mild activity
- speaking makes the person short of breath

### Take QUICK RELIEF Medicines

- If red zone symptoms persist, call 911.
- If symptoms do not improve, repeat previous QUICK RELIEF doses and watch the person closely until ambulance arrives.

**DO NOT try and treat severe  
symptoms yourself.**